

Class Timetable

Long Stratton Leisure Centre

Accurate as of 21/05/2024

Times for Wednesday 15 May



Time	Session	Facility
09:30 - 10:30	Sh'bam	Studio
10:30 - 11:30	Yoga	Studio
11:30 - 12:30	Legs Bums and Tums	Studio
12:15 - 12:45	Workout Wednesday Circuits	Gym (53453)
12:30 - 13:00	Abs & Core	Studio
13:00 - 14:00	Pilates	Studio
18:00 - 18:45	Studio Cycling	Studio
19:00 - 20:00	Body Pump	Studio
20:00 - 21:00	Yoga	Studio